

# Keep Food

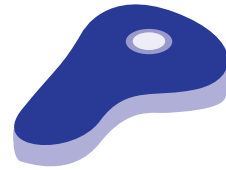
# Safe To Eat

Healthful eating requires that foods be safe to eat.

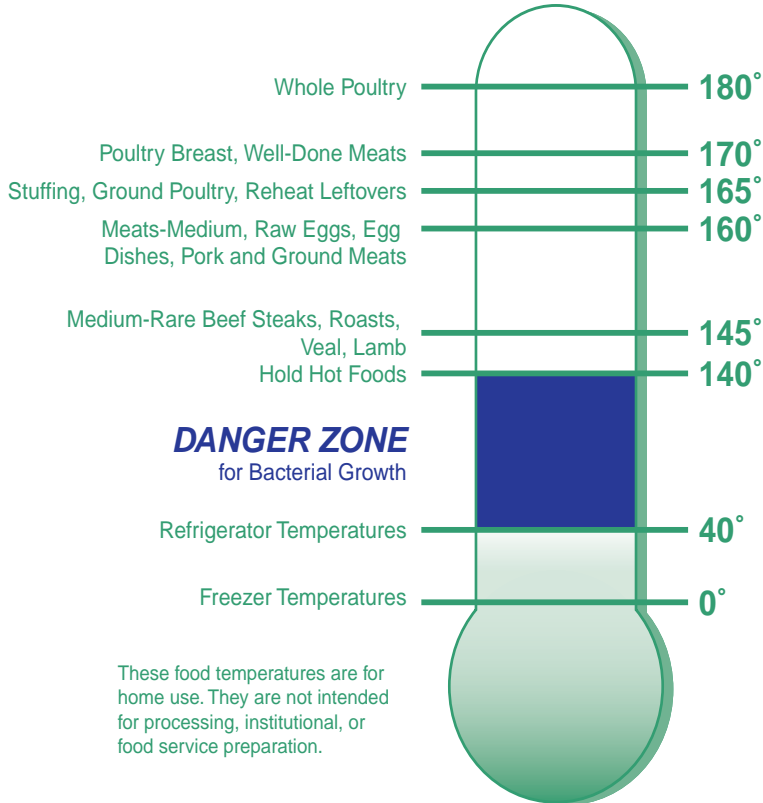
**Safe food will not cause foodborne illness (often called food poisoning). Everyone is at risk from eating unsafe food if it is not handled with care.**

Wash hands and food surfaces often.

Keep raw meats separate from cooked and ready to eat foods.



Cook foods to a safe temperature.



Refrigerate perishable foods promptly.

Check and follow label instructions.



Serve hot foods hot and cold foods cold.

When in doubt, *throw it out!*

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# Time to be Safe



- Wash hands often! Use warm soapy water for at least 20 seconds (count to 30).
- Wash fresh fruit and vegetables before you peel.
- Refrigerate foods within 2 hours of purchasing or preparation – and within 1 hour if the temperature is above 90 degrees.
- Thaw frozen foods in the refrigerator, microwave or cold water. Change water every 30 minutes.
- Cook both egg whites and yolks until firm.

## Who is at High Risk?

- Pregnant women
- Young children
- Older persons
- People with weak immune systems

## Extra Precautions for High Risk

- Choose only pasteurized juices.
- Eat only cooked sprouts.
- Make sure ground meat, fish and shellfish are fully cooked.

**Perishable Foods:**  
**Foods that contain**  
**eggs, meats,**  
**poultry, fish,**  
**shellfish, or milk**  
**products spoil more**  
**easily and are at**  
**greater risk for**  
**causing foodborne**  
**illness.**

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